

## Upcoming Dates

### November

Fri 22nd: Pre Foundation Visit 9 - 3.15pm

Tues 26th: Board Meeting (new date)

Fri 29th: Pre Foundation Visit 9 - 3.15pm

### December

Wed 4th: Year 6 Graduation Dinner @ Little Desert Lodge

Thurs 5th: Year 5/6 Christmas Market 2.40 to 3.10pm

Wed 11th: End of Year Graduation Service

Thurs 12th: Last Day of Term 4 (3.15pm)

Fri 13th: Staff PD Day

### Chapel Dates Fridays 9am

22nd Nov Year 2

29th Nov tbc

6th Dec F/I

Wed 11th Dec Graduation Service

@ St Paul's Lutheran Church

(Time to be confirmed)

### Assembly Dates

(after Friday Chapel in the morning)

Fri 29th Nov  
Year 3/4

## Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly today:

Foundation/1: Ruby	Year 2: Jessie & Roger
Year 3/4: Lexie	Year 5/6: Lawson



## Derek The Bear

Congratulations to Oakley for receiving Derek the Bear. We hope you both enjoy your time together.



## Birthdays



Happy birthday wishes are sent to the following students this week. Lexie 18th Nov  
Ollie 19th Nov

## Super Readers Award



Congratulations to the following students who were presented with Super Readers awards at assembly: Dakota, Seraph & Amber

## From The Principal

This week we have commemorated Remembrance Day, been entertained by a BMX trick show, and we finished the week with a colour run. It's hard to believe there are only four weeks left of the school year. It's a time of year when learning activities slowly wind up, reports are finalised, and Christmas looms larger every day. We also acknowledge our Year 6 students who conclude their primary school journey soon, and will transition to secondary schooling: Barrett, Harper, Henry and Ellie. Over the next few weeks there is plenty happening, so please take note of the planned events:

22/11 and 29/11: Pre-Foundation visits (full day)

25/11: Pre-Foundation parent information session, 7pm

26/11: the final NLS Board meeting before we become part of Wimmera Lutheran College

4/12: Year 6 graduation dinner at Little Desert Lodge

11/12: End of Year Graduation Service, 7pm (all students expected to attend).

12/12: Last day of Term 4

14/12: Nhill Community Christmas Carols

Every blessing for your week,

Damon Prenzler

### Wimmera Lutheran College Nhill Advisory Committee

Expressions of interest are being sought for the WLC Nhill Advisory Committee. With Wimmera Lutheran College commencing next year, the advisory committee will be the voice of the Nhill campus to the WLC Board, so if you wish to contribute as part of this group please let Damon know via email, phone or in person. A terms of reference is available upon request.



***Nhill Lutheran School is committed to providing a child safe and child friendly environment, where children and young people are safe and feel safe, and are able to actively participate in decisions that affect their lives.***



## F/1 Class Welcomed 2 Chickens To Their Room - Lily & Bingo





## Prayer of the Week

Each week we pray for someone in our School Community. This week we pray for.....



- Jed and his family
- Alyssa & Gus and their family
- Ruby B and her family
- Miss Schultz and her family

## Worship News

Please see below for this week's church service times:

17th Nov 26th Sun After Pentecost  
Nhill 9am  
Jeparit 11am



## Chapel Offerings

At this week's Chapel \$27.80 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our help.

## Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at [messagesofhope.org.au](http://messagesofhope.org.au) or on iTunes and Spotify.

17 <sup>th</sup> Nov	Smashing Plates	(Interview)
One woman's journey of healing from childhood trauma took her from a place of anger, frustration and helplessness to a place of restoration and hope. *sensitive content on domestic violence*		
24 <sup>th</sup> Nov	Domestic Violence	(Professor Sarah Wendt)
No one is immune to domestic and family violence. Professor Sarah Wendt is dedicated to understanding the impacts of domestic violence and share her insights from personal stories about the causes and effects and where we may find hope in such a painful topic. *sensitive content advice*		

## Devotional Thought

What are you waiting for?  
When Jacob learned that there was grain in Egypt, he said to his sons, 'Why do you just keep looking at each other?' (Genesis 42:1).

Read [Genesis 42:1-23](#)

You may have heard before that a ship is hard to steer if it is not moving. Well, it is the same with us. Sometimes in life, we can find ourselves not really moving. We get bogged down in so many things that we end up coming to a standstill. Then, we can find ourselves complaining to God that he does nothing to help us. Other times, we might feel like we are doing a lot, yet we are not moving – just looking at each other.

All this seems logical at first, just as in our own lives. Jacob learns there is grain in Egypt, so he sends his 10 sons, keeping Benjamin at home with him. Yet, God is working in this simple instruction for survival to buy grain to eat in their time of need. Not just to provide for them but to unite the brothers again and bring peace and reconciliation. The brothers had sold Joseph years before into slavery, and now they would meet Joseph, not recognising him as he was now the governor of the land. But God's plan was about bringing peace, uniting Joseph's family again and displaying his glory, power and love.

We might think that some of our logical decisions (like going and buying some food) do not have much to do with God. But, sometimes, the people you meet along the way are put there by God to shape you for his purpose. When you trust that God is always at work in your life, you start to move, and God guides and steers you for his work. God cares about and loves you. When you feel unsure about what to do, just start the journey with God, and he will make your path straight. When you look back, you will see the plans he had for you.

**Dear God, we sometimes feel like we are just not going anywhere. Please help us take the first steps of the way you have shown us in all things. Let us walk by faith in you, trusting that you have plans for us for your good purpose. Show us day by day through your holy word that you are with us always and will never leave us. Let us give thanks always, especially when we see how things work out in our lives, those things that you planned before we even took our first breath. Amen.**



## Combined Schools Sports For Foundation, Year 1 & 2









## Emperor's New Clothes Design Winners - Connor, Alyssa & Special Guest Kim



## Zoe's Achievements At Gymnastics On The Weekend





## Year 3/4 Class Cooking





## Soft Eyes

I have a challenge for you. Try to feel angry...but make your eyes soft and kind. It's the psychological equivalent of patting your head, rubbing your belly, hopping on one leg, and sticking your tongue in and out—all at once. Perhaps it's harder. They're fundamentally incompatible. I don't think you can do both. One of the best ways I've found to help parents guide their children successfully—particularly at those tense times when they're about to crack—is to practise “soft eyes”.

“Soft eyes” is not a term you'll find in traditional parenting literature, but it has deep psychological and neurological roots. It serves as a powerful tool for emotional regulation—not just for you but also for your child.

### How Soft Eyes Help Your Child

When your child is stressed or anxious, seeing your soft eyes can send a reassuring message. Their brain's mirror neurons pick up on your calm demeanour, signalling that the environment is safe. Your gentle gaze can help them feel loved and understood, even amidst their worries.

### Regulating Your Emotions

Practising soft eyes also helps you manage your own emotional responses. In high-stress situations, it can be easy to react with anger or frustration. However, adopting soft eyes allows you to engage in two important emotional regulation strategies: emotional suppression and reappraisal.

#### Emotional Suppression

This involves holding back your emotional responses. For example, when your kids are fighting, you might want to explode but instead maintain your calm. While this can prevent an escalation, habitual suppressors experience **impacts on wellbeing** such as increased levels of depressive symptoms, less life satisfaction, and **poorer social functioning**.

#### Reappraisal

This is the process of changing how you interpret a situation to alter its emotional impact. When you choose to see things from your child's perspective or frame the moment in a broader context, you activate your prefrontal cortex early on, which helps calm your emotions. This makes it easier to maintain a gentle demeanour.

### The Science Behind “Soft Eyes”

Putting on our soft eyes isn't about trying to influence others' feelings through eye magic (like a Jedi Knight). However, soft eyes matter for us. Even if we're not able to access soft eyes automatically through reappraisal, simply relieving the tension in the muscles around our eyes can influence our emotions. One group of researchers performed **a series of experiments** demonstrating that furrowing the brow *increases* the temperature of blood entering the brain, making people feel negative. On the other hand, facial movements associated with smiling *reduced* the temperature of blood entering the brain and increased positive mood. (These differences are imperceptibly tiny – only 0.1 °C, and imperceptible to the person experiencing it, yet it's enough to make a measurable impact on mood and even made people dislike an imaginary scent.) This helps us understand the term “hot-headed”!

**Manipulating our facial expressions** has an impact on heart rate, emotional reactions, and even on brain activation in the prefrontal cortex and amygdala. In other words, sometimes soft eyes help us access our soft hearts. Finally, while Jedi eye magic doesn't work (at least not outside the Star Wars universe), having soft eyes can create a ripple effect. **Studies** have shown that when one person engages in emotional regulation, their partner often mirrors that calmness, leading to a shared sense of peace. This is rooted in our **extended mirror neuron system**, which plays a crucial role in how we connect with others emotionally.

### Practical Tips for Practising Soft Eyes

1. **Pause and Breathe:** When you feel your emotions rising, take a moment to pause. Deep breaths can help you reset and shift your mindset.
2. **Relax Your Face:** Consciously soften the muscles around your eyes. Imagine a gentle smile or visualise a calming scene.






3. **Reframe the Situation:** Try to see the moment from your child's perspective. This can help you respond with empathy rather than frustration.
  4. **Practice Regularly:** Incorporate moments of soft eyes into your daily routine. Whether during family meals or bedtime, soft eyes can become a habit.
  5. **Model for Your Kids:** Show your children what soft eyes look like. Discuss how emotions work and encourage them to practise this technique when they're upset.
- So next time you're about ready to "lose your cool", make those eyes soft. Smile kindly. Change your face... and you'll change your mood. And that might be all it takes to make the day better for you and your kids.



**AUTHOR** Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).



## Preparing for Harvest Prayer Seminar

**Venue: Horsham Lutheran Education Centre**  
**McPherson Street**  
**(Behind the church office)**

**Friday 22<sup>nd</sup> Nov: 7pm-9.30pm ( For Church Leaders)**  
**Saturday 23<sup>rd</sup> Nov: 9am-4pm**


**Presenters: Ps Matthew & Ps Kathryn Bolte - "Mission Pray International"**  
Our presenters have a passion for the scriptures, with their ministry helping churches connect prayer to mission and evangelism.  
Matthew and Kathryn love to see the Body of Christ gathering together in one accord to pray, that the lost might be saved.

**All welcome. Free event.**  
**An opportunity will be offered to contribute to a faith offering.**

Saturday, BYO lunch,  
Complimentary tea, coffee and biscuits will be available

For more information or to register please contact  
Helen Simmons ph: 0429 821 171 or email: [thsimmons158@gmail.com](mailto:thsimmons158@gmail.com)

Rsvp 15<sup>th</sup> Nov.





Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting relating to youth mental health and wellbeing. Parenting is a learning journey and SchoolTV supports families by providing credible information from trusted sources with practical strategies to help alleviate some of the challenges being faced by young people today.

Watch video interviews with leading wellbeing specialists and browse a library of resources. Each topic is accompanied by factsheets, podcasts, books, articles, apps and other videos.

This award-winning resource helps families build relationships, foster connections, enable understanding and break down barriers to navigate a pathway towards better mental health and wellbeing for young people. It will assist you in starting those conversations on topics that can sometimes be awkward or difficult to tackle.

Parents and caregivers are the greatest influence on a young person's life and SchoolTV focuses on empowering confident parenting.

Explore SchoolTV today - <https://nhills.vic.schooltv.me>



## Get 'Em Going Playgroup

Get 'Em Going Playgroup meet each Tuesday at 9.30am to 11am.

Each week children will be given the opportunity to participate in physical, social and mental stimulating activities to assist in preparing them for their learning journey ahead.

Please bring along the following:

- A water bottle / Fruit snack / Gold coin donation

If you have any questions or would like more information on the program please contact Mrs Fisher at the front office. 53 912 144 or [admin@nls.vic.edu.au](mailto:admin@nls.vic.edu.au)



We had a fun morning out in Get 'em Going today!

Today's topic was gardening. The children enjoyed having some outside time planting some flowers. They each chose which colour they would like; and with the help of their parents added soil and watered them too.

During our mat time the children are getting very good at remembering their colours, numbers and shapes through our crayon song.

Lots of fun was had with the Playdough today. Using different shapes including flowers, and using their hands to shape and mould the Playdough.

Next week we are learning all about birds! See you on Tuesday at 9:30am



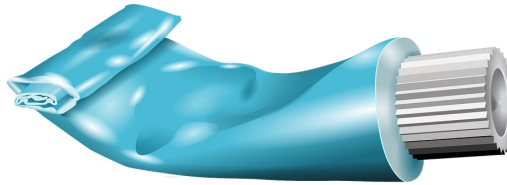


## Banish The Rubbish



Year 2's recently launched the BRAD project in Assembly. We invite you to join us by sending in anything from the list of items which are too small to be recycled in the normal process.

There are two boxes in which to deposit these items - one in the Year 2 classroom and the other near the door to the multipurpose room.



A list of the items that can be deposited, is available from Miss Schultz.

**All welcome**

**FUNDED UNDER RESPECT VICTORIA'S 16 DAYS OF ACTIVISM GRASSROOTS INITIATIVE**

**Hindmarsh Shire Council**

# Walk the WALK

**FREE EVENT**

**AS A PART OF 16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE**

You are invited to join us for a community walk to bring awareness to gender-based violence. Each walk will end with a free barbeque tea.

**PLEASE WEAR ORANGE- AND BRING YOUR BANNERS OR SIGNS OF SUPPORT**

 <b>MONDAY 25</b> Nov 2024	<b>Nhill</b> From Nhill Memorial Community Centre to Nhill Lake	 <b>6pm-7:30pm</b>
 <b>TUESDAY 26</b> Nov 2024	<b>Dimboola</b> From Dimboola Library to Train Park	 <b>6pm-7:30pm</b>
 <b>MONDAY 02</b> Dec 2024	<b>Rainbow</b> From Turbo Gallery to Rainbow Skate Park	 <b>6pm-7:30pm</b>
 <b>TUESDAY 03</b> Dec 2024	<b>Jeparit</b> From Menzies Square to Riverbank Precinct	 <b>6pm-7:30pm</b>

**If you are unable to join us for the walk, please join us for the free barbeque tea!**

**SAFE + EQUAL**  
**RESPECT VICTORIA**

**hindmarsh shire Council**

If you have any questions, please contact  
Stephanie Lynch: Free From Violence Project Officer  
[slynch@hindmarsh.vic.gov.au](mailto:slynch@hindmarsh.vic.gov.au)



NLS Were Joined by St Peters Dimboola For The Entertaining BMX Incursion





# Do you suffer from asthma or hay fever?

## Grass pollen season is here



**Thunderstorm Asthma can be life-threatening.**  
Know the risks. Get prepared. Stay safe.



See your GP  
about an asthma  
action plan or  
hay fever  
treatment plan



Avoid  
thunderstorms –  
go indoors  
before and during  
thunderstorms.



For forecasts &  
alerts, get the  
**VicEmergency**  
app



Always carry  
your medication  
in grass pollen  
season



Learn  
asthma  
first aid



**Grampians  
Health**  
Grampians Public  
Health Unit

Grass pollen season brings an increase in asthma and hay fever. It also brings the chance of thunderstorm asthma. Thunderstorm asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.

If you have current, past or undiagnosed asthma or seasonal hay fever you are at risk of thunderstorm asthma. Even if you don't think you have asthma or hay fever, don't ignore symptoms like wheezing or shortness of breath.

Thunderstorm asthma can be sudden, serious and even life threatening.

Know the risks. Get prepared. Stay safe.

Learn more at <https://www.bhs.org.au/services-and-clinics/grampians-public-health-unit/thunderstorm-asthma/>



**SUNSMART**

## We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

**You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to Slip, Slop, Slap, Seek and Slide!**

### Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.



Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at [sunsmart.com.au](http://sunsmart.com.au) and as a free SunSmart app. Sun protection times can also be found at the [Bureau of Meteorology website](http://Bureau of Meteorology website) and live UV levels are available from [ARPANSA](http://ARPANSA).

### SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect students and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

### 1. SLIP on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



### 2. SLOP on SPF50+ broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

### 3. SLAP on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children protected at home.

### 4. SEEK shade

Choose shady spots for learning and play whenever possible.

**5. SLIDE on wrap-around AS1067 sunglasses**  
When appropriate and practical, help protect the eyes with sunglasses.

**Need information in another language?** Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language